

How has substance use affected the trust between you and people you care about?

If you tell someone you're not using and the person doesn't believe you, does it make you feel like using? Do you think, "If people are going to treat me as if I'm using, I might as well use"?

People who are substance dependent find it difficult to have open, honest relationships. Things are said and done that destroy trust and damage relationships. Substance abuse becomes as important as or more important than other people.

When substance abuse stops, the trust does not return right away. To trust means to feel certain you can rely on someone. People cannot be certain just because they want to be. Trust can be lost in an instant, but it can be rebuilt only over time. Trust will return gradually as the person who violated the trust gives another person reasons to trust again. One or both people may want the trust to return sooner, but it takes time for feelings to change.

How do you cope with suspicions about drug use?

What can you do to help the process of reestablishing trust?

